



FOOTHILL HIGH SCHOOL

Home of the Trojans

DAILY BULLETIN

FRIDAY, JANUARY 13, 2023

#WeAreTrojans

DAILY BREAKFAST MENU

Main Entrée

Sausage Biscuit Sandwich
Apple Cinnamon Oatmeal Round

Lucky Nut Cheerios Cereal

Cocoa Puffs Cereal

Honey Nut Cheerios

Fruit

Very Berry Juice

Petite Banana

Milk

1% Low Fat Milk

Lactaid Fat Free Milk

Fat Free Chocolate Milk

DAILY LUNCH MENU

Main Entrée

Dumplings and Fried Rice
Chef Salad

Extreme Burrito

Turkey, and Cheese Sub

Cheeseburger

Spicy Chicken Sandwich

Uncrustable PB&J

Sandwich

Fruit

Applesauce Unsweetened

Granny Smith Apple

Vegetables

Corn

Steamed Broccoli

Milk

1% Low Fat Milk

Lactaid Fat Free Milk

Fat Free Chocolate Milk

TROJANS

Natasha Hughes, the ROC/CTEC Recruitment and Career Technician, will conduct an informational presentation for ROC/CTEC in the Peg Pauly Auditorium on Monday, January 23, 2023, during third period. Please fill out the google form if you are interested in attending. The Reservation Google form will close on Friday, January 20, 2023, so please make sure you sign up by that deadline date.

Trojans, Are you looking for a way to earn 2 hours of community service AND help save lives? Our second Blood Drive of the year is happening on February 1st. You can pick up a permission slip in the counseling office. To be eligible to donate, you must be at least 16 years old. See Ms. Miller for more info.

Trojans, today is a Foothill Friday and you have a chance to redeem your points for all kinds of cool swag. You can preview the prize chart on our Instagram account and make sure you stop by the tables outside the activities office today at lunch to check it out and redeem points.

CLUBS

Game club will be meeting this Friday at lunch in room I-10. Come play some board games, your personal devices, or card games like Yu-Gi-Oh or Magic with your friends! We hope to see you all there!

Star Wars Club will be meeting on Thursdays during lunch in room 708. We will be discussing possible activities fundraising ideas, watching The Mandalorian and enjoying a snack. New members are always welcome. See you Star Wars fans Thursdays during lunch in room 708, Mrs. Vargas' classroom.

SPORTS

Baseball conditioning will be every day after school at 3:45 on the varsity baseball field. Players need to have their physical and paperwork done through the athletics office to participate. Please see Coach Ontiveros if you have any questions.

Friday, Jan. 13

Boys Basketball: vs. Del Oro (FS 4:00pm/JV 5:15pm); FS boys excused at 3:00pm

Girls Basketball: at Del Oro (at North HS Old Gym) (JV 5:15pm); bus at 2:00pm, students excused at 1:45pm

Boys Soccer: vs. Del Oro (FS 3:30pm/JV 4:30pm); FS boys excused at 2:30pm, JV boys excused at 3:15pm

Girls Soccer: at Del Oro (FS 3:30pm/JV 4:30pm); bus at 2:00pm, students excused at 1:45pm

Boys Wrestling: at Kern County Invitational (at Centennial); 2 vans; excused all day

Saturday, Jan. 14

Boys Wrestling: at Kern County Invitational (at Centennial); 2 vans; Time TBD

Girls Wrestling: at Sanger Tournament; 2 vans; Time TBD